

**GRAYSON COLLEGE**

*Department of Kinesiology*

***PHED 1164 B01NT Course Syllabus for Spring 2021, 1st 8 weeks***

**Please Note:** Due to extenuating circumstances, including public health issues, course and testing delivery methods, instructional schedules, housing contracts, campus procedures and/or operating hours may be altered, interrupted and/or ceased for a limited or extended period of time. Such changes will be posted on the College website.

**Course Information**

*PHED 1164 B01NT, Introduction to Fitness and Wellness, 1st 8weeks of Spring 2021, online*

**Professor Contact Information**

*Instructor: Jessica Street M.Ed.*

*Email: [streetj@grayson.edu](mailto:streetj@grayson.edu)*

*( I am an off campus Adjunct Professor so if you need me, email is the best way to reach me and will try and email you back within 24hrs.)*

**Course Pre-requisites, Co-requisites, and/or Other Restrictions**

*(There are no pre-requisites required for this course.)*

**Course Description** – *This course will provide an overview of the lifestyle necessary for fitness and health. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training.*

**Student Learning Outcomes**

- *Describe how the components of physical fitness impact health and wellness.*
- *Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.*
- *Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.*

- *Plan, implement, and evaluate a personal fitness program.*
- *Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.*

**Required Textbooks (ISBN # included) and Materials**

***\*This course uses free Open Educational Resources so there is no textbook cost***

**Required Assignments & Academic Calendar**

*(Topics, Reading Assignments, Due Dates, Exam Dates and where/how exams will be administered)*

**In case of inclement weather, emergency closings, or other unforeseen disruptions to scheduled classes, student must log onto their Canvas accounts for directions on where or how to continue their coursework.**

***\*The following timeline is subject to change at instructor’s discretion.***

**Table 1 Course Schedule**

Date	Details
Fri Jan 15, 2021	Assignment <a href="#">Introductions</a>
	Assignment <a href="#">Orientation Quiz</a>
Sun Jan 17, 2021	Assignment <a href="#">Week 1 Discussion</a>
	Assignment <a href="#">The 9 Dimensions of Wellness</a>
Sun Jan 24, 2021	Assignment <a href="#">Exam 1: Chapters 1, 2, &amp; 3</a>
	Assignment <a href="#">Week 2 Discussion</a>

Date	Details
Sun Jan 31, 2021	Assignment <a href="#">Week 3 Discussion</a>
	Assignment <a href="#">FITT</a>
Sun Feb 7, 2021	Assignment <a href="#">Exam 2: Chapters 4, 5, 6, &amp; 7 Exam</a>
	Assignment <a href="#">Week 4 Discussion: Fad Diets and Health</a>
Sun Feb 14, 2021	Assignment <a href="#">Week 5 Discussion: Reducing Stress</a>
	Assignment <a href="#">Healthy Weight Management Reflection</a>
Wed Feb 17, 2021	Assignment <a href="#">Extra Credit</a>
Fri Feb 19, 2021	Calendar Event <a href="#">Course Evaluation</a>
Sun Feb 21, 2021	Assignment <a href="#">Exam 3: Chapters 8, 9, 10, &amp; 11</a>
	Assignment <a href="#">Week 6 Discussion</a>
Sun Feb 28, 2021	Assignment <a href="#">Exam 4: Chapters 12 &amp; 13</a>
	Assignment <a href="#">Week 7 Discussion</a>
Wed Mar 3, 2021	Assignment <a href="#">Final Discussion</a>

Date	Details
	Assignment <a href="#">Final Project</a>

### **Methods of Evaluation**

*(Grading policy including percentages for assignments, grade scale, etc.)*

### **Grading**

Categories	Percentage
Discussions	30%
Quizzes/Exams	30%
Assignments	40%
Total	100%

How will students be notified?

*Grades notifications will be in the Canvas course shell. An overall view of grades will be available in the My Grades button in course. Quiz grades will be released immediately following the quiz. Specific feedback on assignments like module will be located in the assignment button under tab Graded.*

### **Quizzes & Tests**

*There are online quizzes for each chapter. They are graded separately from the modules. They are open book but have a time limit. You will be allowed two attempts at each quiz. They cover both the chapters, videos, lecture notes and the power points. You will not be able to take the quizzes after the due date unless you have a doctor's note. The last day to take the quiz is posted on the quiz and coincides with the end of the module. If you know ahead of time you will be gone or have difficulty, be sure to take them early. Do not wait until the last day as there are NO make-ups for computer problems, etc. Be sure that your Popup blocker is off when you take the quiz!*

*There is an orientation quiz over the syllabus and Start here links/material. There is a safety video quiz to be taken after watching the safety video in the Canvas menu.*

### **Discussions**

*Grading Criteria for Discussions*

1. Reply to the topic with an initial posting with 200 words in the discussion postings using references and in-text citation and then
2. Reply to 2 peers postings in 100 words each.
3. Initial posts are due Wednesday before due date of the chapter/module. The 2 peer posts are due the date the chapter module closes. A peer response that says, "Good job!" or "I agree" will not get credit. Your peer responses need to add to the conversation.
4. Each initial post has cited a resource and cited in the post and a reference in APA.

Your posting will be graded according to the following criteria:

Full Credit	Half Credit	No Credit
~ post one comment and two responses	~complete postings by the deadline ~post one comment and one response	~did not post or comment or response
~demonstrate excellent knowledge and understanding of the question	~demonstrate average knowledge and understanding of the question	~did not complete postings by deadline (late postings will receive no credit)
~comment or response must be a minimum of 100 words	~comment or response must be a minimum of 100 words	~did not demonstrate knowledge of question
~comment and response must be respectful	~comment or response must be respectful	~did not comment or respond respectfully
~citation with reference	~did not cite or reference source ~complete postings by the deadline	~no source cited or referenced

### **Methods of Instruction**

An explanation of

(1) How will the instructor communicate with the students and how the students will communicate with each other?

Communication between the instructor and students will primarily be through the course site in GC Canvas. Frequent announcements, comments in the course discussions, responses to email, as well as feedback on homework assignments will be provided regularly. Students will primarily communicate with one another through the course discussions tool. In addition, students have the option to use Canvas email.

(2) How will online participation be assessed and graded?

*In an online course, regular routine participation is extremely important. Online participation is assessed through a variety of methods including timely submission of assignments as well as logging in and checking the course site regularly. In addition, active participation in the course discussions is required. Generally, you should plan to check the course site, review new course materials, and participate in the discussions, 3 to 4 times per week. According to the syllabus, part of the course grade will come from online course participation.*

*(3) How will the instructor monitor the online activities of the students?*

*Online course activities will be monitored through a variety of methods including active participation by the instructor in various course areas as well as utilization of the*

*Course Tracking tool in GC Canvas. The Course Tracking tool provides detailed statistics for each student for various activities in the course.*

*(4) How will the standards of appropriate online behavior be maintained?*

*The instructor will monitor discussion boards and posts and will model appropriate behavior and provide feedback to students.*

*(5) The level of technical competence required of the students*

*Students are expected to have a basic understanding of personal computers, Internet browsing, desktop applications such as Microsoft Word, and file management (uploading, downloading, or sending files).*

*(6) What the minimum computer hardware and software requirements are for the class, and what department or college facilities are available to support these requirements for students who cannot afford to buy the technology?*

*Generally, personal computers purchased in the last 3 years should be adequate to access*

*GC Canvas. Software requirements include Microsoft Internet Explorer 7.x or higher*

*([www.microsoft.com](http://www.microsoft.com)), the latest version of Sun JAVA ([www.java.com](http://www.java.com)), the latest updates to your operating system (Microsoft Windows XP or higher or Apple MAC OS*

*X or higher), word processing program and the latest updates to your anti-virus and spyware protection. Students needing assistance with accessing instructional technology should contact the GC Help Desk.*

*(7) The alternative procedures for submitting work in the event of technical breakdowns*

*Please do not wait until the last minute to submit assignments! Allow enough time before the due date and time to submit your assignments. Should there be a technical problem, immediately notify the instructor via external email or internal Canvas mail.*

*Computer labs on campus and public libraries can be alternative sites. Alternative arrangements, if permitted, will be discussed at that time.*

*(8) On-campus meeting requirements*

*There are none for this course.*

*(9) How will academic honesty be enforced.*

*An online tutorial of "What is Plagiarism?" will be reviewed and documentation of attendance will be necessary prior to the acceptance of any written work. Papers may be submitted to turnitin.com for analysis of work.*

### **Course & Instructor Policies**

*(make-up exams, extra credit, late work, special assignments, class attendance, classroom behavior, etc.)*

### **Class Attendance and Participation**

*Attendance and Participation Academic success is closely associated with regular class attendance and course participation. All successful students, whether on campus or online, are expected to be highly self-motivated. All students are required to participate in courses regularly and are obliged to participate in class activities and complete and submit assignments following their faculty' instructions. Students taking courses during compressed semester timeframes such as mini-mester, summer sessions, and 8-week courses should plan to spend significantly more time per week on the course. Responsibility for work missed because of illness or school business is placed upon the student. Instructors are required to include in their syllabi the attendance policy for the courses(s) they teach. The college considers absences equal to or greater than 15% of the course's requirements to be excessive.*

*In order for students to be counted as having attended a class before the census date, the following guidelines are to be used:*

- Physical attendance in class with an opportunity for instructor and student interaction*
- Submission of an academic assignment*
- Completion of an exam, interactive tutorial, or computer-assisted instruction*
- Attendance at a study group assigned by the faculty*
- Participation in an online discussion in the class*
- Contact with a faculty member to ask a question*

### **Late Work**

*Late work will be accepted in all categories except Quizzes and Exams. Quizzes and exams are due when they are due, unless excused. Any and all late work will be subject to 10% off every day the work is not turned in, up to 70% (grade of 30) at which is the lowest a student will receive on any late assignment no matter how late the item is. A zero in the grade book is due to NO assignment turned in at all. Any grade is better than a zero.*

### **Student Conduct & Discipline**

*Students are expected to log in a minimum of three times per week and participate. There is an initial post deadline prior to the end of the module. This allows each student to post his/her thought, read others and make evaluations about the content. These interactions have been showed to increase learning.*

## **Academic Integrity**

The faculty expects from its students a high level of responsibility and academic honesty. Because the value of an academic degree depends upon the absolute integrity of the work done by the student for that degree, it is imperative that a student demonstrate a high standard of individual honor in his or her scholastic work.

Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, and the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts. Plagiarism, especially from the web, from portions of papers for other classes, and from any other source is unacceptable and will be dealt with under the college's policy on plagiarism (see GC Student Handbook for details). Grayson College subscribes to turnitin.com, which allows faculty to search the web and identify plagiarized material.

Plagiarism is a form of scholastic dishonesty involving the theft of or fraudulent representation of someone else's ideas or words as the student's original work. Plagiarism can be intentional/deliberate or unintentional/accidental. Unintentional/Accidental plagiarism may include minor instances where an attempt to acknowledge the source exists but is incorrect or insufficient. Deliberate/Intentional plagiarism violates a student's academic integrity and exists in the following forms:

- Turning in someone else's work as the student's own (such as buying a paper and submitting it, exchanging papers or collaborating on a paper with someone else without permission, or paying someone else to write or translate a paper)
- Recycling in whole or in part previously submitted or published work or concurrently submitting the same written work where the expectation for current original work exists, including agreeing to write or sell one's own work to someone else
- Quoting or copy/pasting phrases of three words or more from someone else without citation, • Paraphrasing ideas without citation or paraphrasing incompletely, with or without correct citation, where the material too closely matches the wording or structure of the original
- Submitting an assignment with a majority of quoted or paraphrased material from other sources
- Copying images or media and inserting them into a presentation or video without citation,
- Using copyrighted soundtracks or video and inserting them into a presentation or video without citation
- Giving incorrect or nonexistent source information or inventing source information
- Performing a copyrighted piece of music in a public setting without permission
- Composing music based heavily on someone else's musical composition.

The faculty expects from its students a high level of responsibility and academic honesty. Because the value of an academic degree depends upon the absolute integrity of the work done by the student for



that degree, it is imperative that a student demonstrate a high standard of individual honor in his or her scholastic work.

Any student who commits an act of scholastic dishonesty is subject to discipline. Scholastic dishonesty includes, but is not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student, or the attempt to commit such acts.

Plagiarism, especially from the web, from portions of papers for other classes, and from any other source is unacceptable and will be dealt with under the college's policy on plagiarism (see GC Student Handbook for details). Grayson College subscribes to turnitin.com, which allows faculty to search the web and identify plagiarized material.

If you have any questions about what constitutes plagiarism, please ask. For everyone's convenience, I have a link to an online tutorial of "What Is Plagiarism?" This should not be considered to be an all-inclusive guide, but it does highlight some of the most common mistakes students make. Though I am providing this website, it is still the student's responsibility to make sure they understand what constitutes plagiarism. Any student who is found to have plagiarized on ANY assignment will be subject to the consequences listed in this section. Excuses of "I didn't know" or "I didn't understand" will not be accepted. Once again, if you do not understand what plagiarism is, please ask.

Students who are caught submitting plagiarized material or who have engaged in collusion on any course assignment or exam will receive a zero on the first assignment and an "F" in the course for any additional acts of academic dishonesty. Students who are caught cheating on any course assignment or exam will receive an "F" in the course.

Plagiarism Tutorial <http://www.twu.edu/library/tutorial/plagiarism/index.html>

### **Student Responsibility**

You have already made the decision to go to college; now the follow-up decisions on whether to commit to doing the work could very well determine whether you end up working at a good paying job in a field you enjoy or working at minimum wage for the rest of your life. Education involves a partnership that requires both students and instructors to do their parts. By entering into this partnership, you have a responsibility to show up for class, do the assignments and reading, be engaged and pay attention in class, follow directions, and put your best effort into it. You will get out of your experience here exactly what you put into it – nothing more and nothing less.

### **TITLE IX**

GC policy prohibits discrimination on the basis of age, ancestry, color, disability, gender identity, genetic information, national origin, race, religion, retaliation, serious medical condition, sex, sexual orientation, spousal affiliation and protected veterans status.

Furthermore, Title IX prohibits sex discrimination to include sexual misconduct: sexual violence (sexual assault, rape), sexual harassment and retaliation.

For more information on Title IX, please contact:

- Molly M. Harris, Title IX Coordinator (903)463-8714
- Logan Maxwell, Title IX Deputy Coordinator - South Campus (903) 415-2646
- Mike McBrayer, Title IX Deputy Coordinator - Main Campus (903) 463-8753
- Website: <http://www.grayson.edu/campus-life/campus-police/title-ix-policies.html>
- GC Police Department: (903) 463-8777- Main Campus) (903-415-2501 - South Campus)
- GC Counseling Center: (903) 463-8730
- For Any On-campus Emergencies: 911

\*\*Grayson College is not responsible for illness/injury that occurs during the normal course of classroom/lab/clinical experiences.

\*\*These descriptions and timelines are subject to change at the discretion of the Professor.

**\*\* Grayson College campus-wide student policies may be found at the following URL on the College website: <https://www.grayson.edu/currentstudents/Academic%20Resources/index.html>**